

Joining In - Sports and Games

This topic sheet will help children have an understanding of what it might be like for children who find it harder to join in and to think of ways to include everyone in sports activities.



Not being picked

"I was always the last person to be picked in sport because - I didn't realise, only till now that I've looked up (Dyslexia), because of my coordination. I couldn't catch a ball, and I couldn't kick a ball because I didn't know my left from my right, but nobody told me that"

Clenton (born 1964) <http://bit.ly/16kXkg8>

Being left out

"Even at PE, they'd do PE and I had to sit on the sideline because they'd say 'The sports is gonna cause your bones to break'. Well why have activities that I couldn't join in?"

Michelle (born 1972) <http://bit.ly/1gI7QUo>

"I wasn't included in any sort of gym or sports activity. I missed out on what I like to call the camaraderie of it all, especially with boys and when you're going through your teenage years. I did feel very segregated when it came to sporting activities, especially on a sports day"

Sebastian (born 1986) <http://bit.ly/18fS68m>

Partly Included

"I went to cricket a few times with the hearing students, they were a nice group. I enjoyed it but communication was the issue for me. But I gained more confidence playing sport with the hearing students, and got used to it. I realised that they recognised my skills rather than focus on the communication and the problems got put to one side"

Paul (born 1985) <http://bit.ly/1evmqIB>

Finding a Way

"I do remember, for the Jubilee Sports Day in 1977, and obviously I couldn't do a lot of the races but they found me a role of handing the medals out so I was just always included in everything"

Helen (born 1969) <http://bit.ly/15aEGOx>

Taking Part

"I was the goalkeeper for the whole of the school. And they used to laugh at me 'cause I think one of the reasons why the team captain always picked me for goal was because if I was in goal (we were really good at shooting) there was only a tiny space either side of the goal you could get the goal in, so I used to just block the whole goal. But I was still important to the team, I still had to come out and close balls down and things like that at the right moments. And you know, there was nothing about, 'Miro shouldn't play this sport,' or anything like that, it was just, I was part of it and it was great. And if I tackled - well the way I tackled was if I drove into somebody and didn't hit the ball first it was a foul and I'd get told off as much as anybody else was and it was yellow card and red card. And in a way it felt great 'cause I did feel really part of the group"

Miro (born 1989) <http://bit.ly/18I2Zhe>

"And we'd do the egg and spoon race with another kid pushing the wheelchair and things like that, and we'd do that on the playing field, it didn't have to be done on an asphalt court or anything like that, so very much about putting me in there in the thick of it, no matter what, and making the most out of it. So I never felt that I was left on the sidelines at primary school, I was very lucky in that respect"

David (born 1970) <http://bit.ly/1dvysPC>

"When we played cricket on the lawn at Sevenoaks, it was a great big lawn and we used to play cricket and all that sort of thing. If you couldn't run you had a runner, if you fell over you got up and got on with life as per normal, like any other child"

Ronald (born 1929) <http://bit.ly/1evow4M>

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Discussion and Activity Ideas

Talking Sport

Class Discussion: Play a selection of the audio clips to the class. Ask the children:

- What sort of games do you like playing?
- What do you enjoy about PE and sport?
- What is better, playing outside or inside and why?
- How would you include everyone?

Drama Activity: Divide class into groups. Give each group a quote and ask them to talk together about how the person might feel and create a story about what happens next, or what could be done differently. This story could be acted out to the rest of the class.

All Join In

The task is for pupils to create a new game that everyone would be able to join in with. Pupils will need to think about how they would play the game, what equipment they would need, and how it would be played. This could be done in groups or as a whole class activity, or it could link to a PE activity. Ask the children to think about the different ways to make their game more inclusive for everyone. Use the lists below to help them.

Planning list:

- My Game is called:
- How many children in each game?
- What is the aim of the game?
- What equipment would I need?
- How will I make it inclusive for everyone?

Suggestions list:

- You might be able to adapt an existing game
- You might change the way the buildings are set out to make it easier to join in
- You might just be able to have a helper or different equipment to help everyone join in
- You will ensure that no-one is missed out, or told they can't do it
- You might find other ways for children to contribute, as in Helen's story
- You might find inspiration from some of the games used at the Paralympics:
<http://www.paralympics.org.uk/paralympicsports>

www.howwasschool.org.uk

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Other Resources

Newsround
Paralympic Games
Quiz here:

<http://www.bbc.co.uk/newsround/19349452>

Curriculum Areas

PSHE
Citizenship
History
Literacy Drama
Art PE IT
SEAL Outcomes